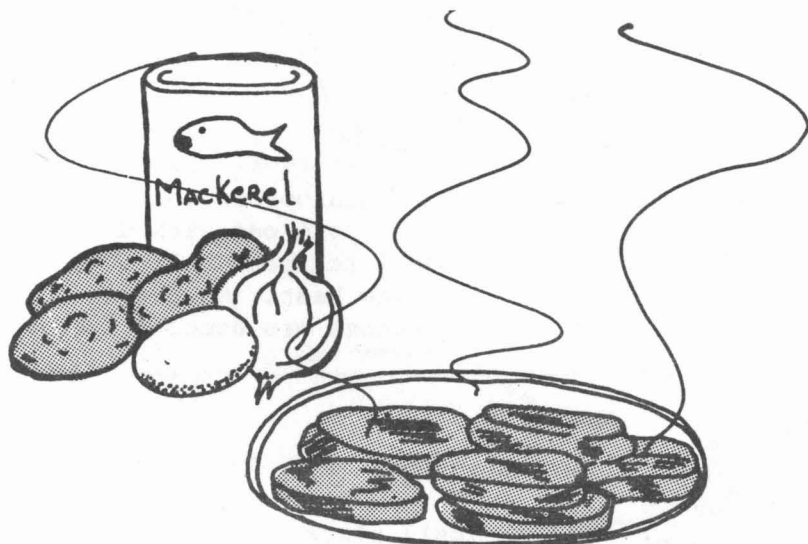


FISH PATTIES



This recipe makes 8 to 10 patties.

What You Use

- 3 white potatoes
(or 1 $\frac{1}{2}$ cups leftover cooked potatoes)
- About 3 cups water
- 1 $\frac{1}{2}$ cups of cooked fish
(cooked fish, canned mackerel, tuna, or salmon)
- 2 teaspoons salt
- 1 egg
- 1 medium onion
- 2 tablespoons of fat
- Little flour or cornmeal

1



3 white potatoes
Wash them well.

Put potatoes in boiler.
Cover potatoes with water.
Add 1 teaspoon salt. Cook
on low heat. Cook till
potatoes are done.

2



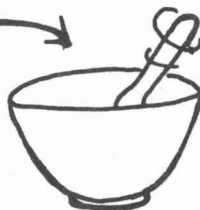
Peel potatoes.



Cut in small pieces.

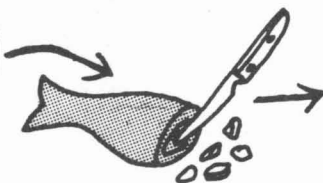


$1\frac{1}{2}$ cups of potatoes.
You can use leftover
mashed potatoes.



Put in bowl.
Mash.

3



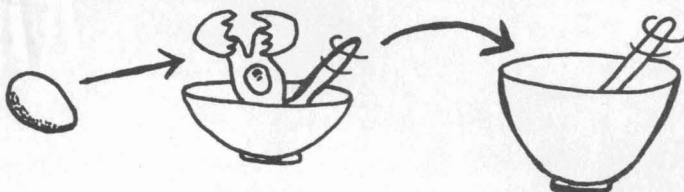
Canned or cooked fish,
cut in small pieces.

$1\frac{1}{2}$ cups



Put in bowl
with potatoes.

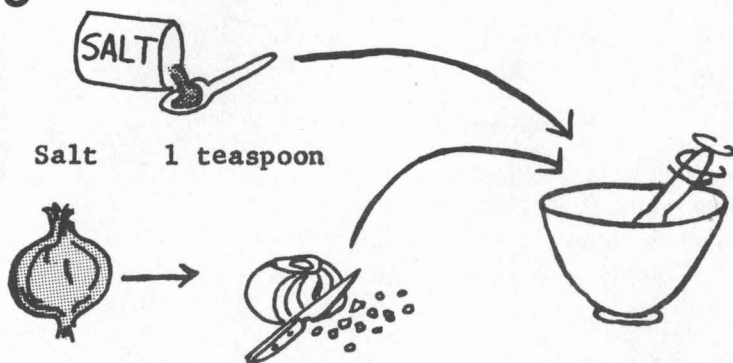
4



1 egg
Crack egg in a bowl. Beat it.

Add to potatoes and fish. Mix it.

5



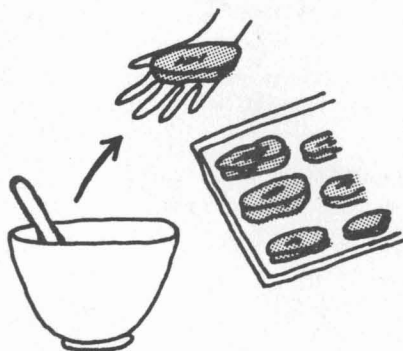
Salt 1 teaspoon

1 small onion

Peel and cut in small pieces.

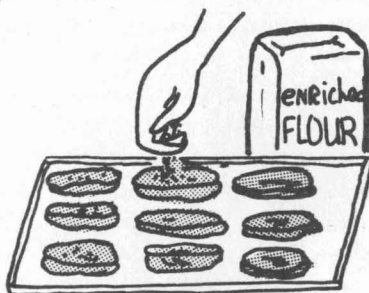
Put in the bowl. Mix it well.

6



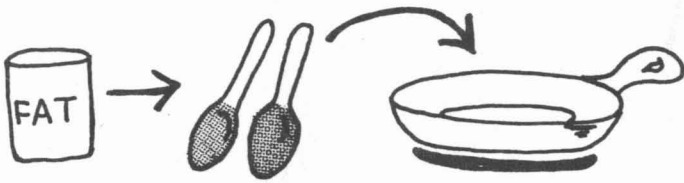
Make 8 to 10 patties.

7



Sprinkle a little flour or cornmeal on the patties. This makes them brown better.

8

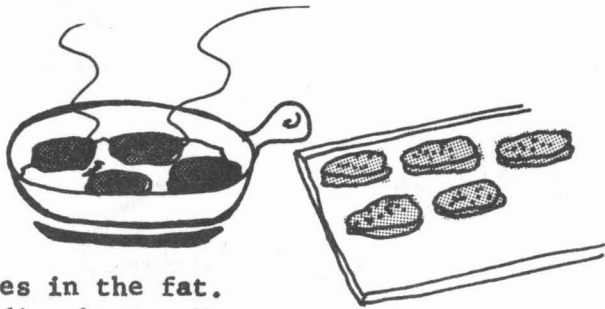


Fat

2 tablespoons

Heat in frying pan.

9



Fry patties in the fat.
Fry on medium heat. Turn
patties. Brown both sides.

Your family is happier when you cook good food.

A good diet has meat, eggs, cheese or dry peas and beans every day. A good diet has fruits and vegetables. It has milk and cereals.

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